

Seashell Echo

May 2016

Annual Garage Sale - great success



The Annual Garage Sale that was held on April 23rd was a huge success. A total of 13 vendors set up tables and generated \$225 in revenue for the Centre.

Between 300 and 400 people came through the doors to search for treasures and great deals.

One of the vendors was the Sunshine Coast Retired Teachers Association (SCRTA). That group was able to raise enough money for 1/2 a scholarship from their sales.

The SCRTA provides an annual scholarship to a graduate in each of the three high schools.



We Have A Monthly Friendship Tea!

It's on the first Tuesday of the month from 2:00 pm to 3:00 pm. Everyone is welcome! The next one will be on May 3rd, 2016.

Centre Information

Executive

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Ron Atkinson
Treasurer	Donna Marsh
Secretary	Wilma Lorimer
Maintenance	Tony Stroud

Board Of Directors 2016 - 2017

Margaret Boyd	Dorothy Fraser
Wayne Jenson	Maureen Heaven
Kassie Ranchie	Gillian Smith

All directors may be reached by e-mail at ssac@dccnet.com. Please indicate to which Director you would like the mail sent.

Janitor	Jim Coffin
Cook	Emily McPherson
Rentals	Cathrine Fuller



BUS TRIPS

Thurs. May 26 - Park Grand Villa Casino

Leave at 7:15
Return 3:30 pm. Ferry

Tues. May 31 - Park Royal/Cap Mall

Leave at 9:15
Return 3:30 pm. Ferry

Tickets to the next series of **Tea and Trumpets** are now on sale. Space is limited so sign up at the Front Desk soon.

If there are any bus trips you'd like us to consider, leave a message for Rick McGowen.

Miscellaneous Phone Numbers

Sechelt Hospital 604-885-2224
Sunshine Coast Community Services 604-885-5881
Senior's Advocate: 877-952-3181 or www.seniorsadvocatebc.ca
Sunshine Coast Transit 604-885-3234 (Transit buses and Handi-Dart)

Sechelt Activity Centre

Office Hours - 9:00 am to 3:00 pm

5604 Trail Avenue,

Sechelt, BC

PO Box 564, V0N 3A0

604-885-3513: - Reception / Information Desk

604-885-8910: - Office

Website www.secheltactivitycentre.com

E-Mail ssac@dccnet.com

The Seashell Echo is published by Cathrine Fuller and can be found on the Sechelt Activity Centre website www.secheltactivitycentre.com

This issue of the Seashell Echo has been compiled using Microsoft Office Word 2010 and Microsoft Office Publisher 2010.



PLEASE RECYCLE!

The Sechelt Seniors Activity Centre now has a recycling program in place for the Centre. Please put paper products in the marked blue bins, available in most rooms. Newspapers are recycled in their own blue box at the reception

Presidents Message

May 2016



We are enjoying some fairly glorious spring weather, and my aching muscles are telling me a sad tale about my declining stamina at gardening. Still, every day I

see the view up Sechelt Inlet from my garden, I realize how fortunate we are to live in this beautiful part of the world.

This leads me to ponder the state of our Syrian Refugee project. I'm sure you've seen the news reports about the backlogs, and the frustration and disappointment felt by groups like us all over the country. Well, at least we're not alone! A recent article in MacLean's magazine gives a good explanation of the reasons for all the delays. The one positive effect I take away, is the feeling of tremendous pride in the compassion and generosity of Canadians. If you think about it, that is the reason for the delays! On a brighter note, we do have a good possibility of a very wonderful family to sponsor. If it works out, I will have more details next month. In the meantime, all of you who have volunteered your time and resources, please stay hopeful and positive, we are working diligently towards a good outcome.

Last month I explained the work of the SSAC Planning Committee. There are several such committees who work under direction of the Board. Some, such as the Kitchen Committee and the Bus Committee, facilitate the smooth operation of various activities and events. Other committees, such as the

Maintenance and the Audio-Visual-Technology Committees, are responsible for the operation of the Centre. The Maintenance Committee is chaired by Tony Stroud, and has six members. This very hard working group responds to emergencies, such as the dishwasher break down, or the roof leaking. They also engage in long term planning for events such as when a new roof or a new auditorium floor will be needed. They have a system to respond to maintenance needs, which we call the "Green Forms". If you see a maintenance problem, obtain a green form from the front desk, fill it in, and submit it.

The A-V-Tech Committee is chaired by David Marsh. You may have had the benefit of this committee's expertise at the computer training sessions, offered on Wednesdays. This group also is responsible for the maintenance of all the technical equipment at the Centre, a challenging job because, as we all know, the more equipment you have, the more things go wrong! They also act as trouble shooters for equipment used both at Centre events and for outside rentals. This often means getting called out on a Saturday night, and other inconvenient times.

All of our committees consist of dedicated and talented volunteers, without whom the Centre could not operate. If you would like to be part of any of these groups, please contact the appropriate chair person.

Joanne Rykers

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Circle Tour .. Inside Passage, VIA Rail ..
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Historic Nootka Sound

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Canadian Maritimes

Nova Scotia, PEI, New Brunswick ...
Aug. 2 - 13 • 23 incl. meals
dbl. \$5,295.



Islands of the Salish Sea

Anacortes; Friday Harbor; Sidney, BC .
Aug. 7 - 11 • 7 incl. meals
dbl. \$1,809. *

12 tours have already **SOLD OUT**
New dates have been added to:

Okanagan Wine Getaway

May 31 - June 3 dbl. \$1,339.

Autumn in Quebec

October 4 - 11 dbl. \$3,989.

* B.C. Seniors rate - Price incl. U.S. exchange

#260 -1959 152nd Street,
Surrey, BC V4A 9E3



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Prices include
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Sechelt and Salmon Inlet Tour

Would you like a unique opportunity to learn about
the original mysterious pictographs found in our back yard?

The Sechelt Inlets Secrets will be
viewed and discussed by a cruise for 30 lucky people.

Starting May 24 we will be offering 6 hour tours on
luxury boats accompanied by a knowledgeable,
well-known Elder who grew up in this area.
A minimum of 10 people are required for
each cruise with a maximum capacity of 50.
Snacks and drinks are available at
a reasonable charge.

Cruise price is \$99
(No children under 12)

A salmon barbeque is optional at \$35 pp
Couples discount of 10%

Watch for a poster announcing our
information meeting at the Sechelt Activity Centre
early in May.

Call W.L. Travel Consultants for more
information: 604-885-3248



Yoga for healthy aging

Many people, when they hear the word Yoga, think it is either about an Eastern Religion or about flexible young people in stretch pants. Here at the Activity Centre, yoga is focused on the physical aspects with an emphasis on aging life-style.

Yoga combines using the breath with careful, slow movement that begins the process of stretching and lengthening muscles and moving the connective tissues. With patient, steady practice you can feel an increase in flexibility and strength. With ongoing practice, the whole body begins to be more balanced as the muscles and tissues lengthen.

Yoga helps create space in our bodies by realigning the skeletal components so that the truly important parts of our system (such as the nerves, organs and blood vessels) have the natural space to function without constraint. At the same time, our minds are strengthened because of the need to focus and concentrate.

Both the Chair Yoga class, which is for all individuals with mobility issues, and the regular yoga class welcome beginner to intermediate levels at any time.



What are the benefits of Yoga?

- Improved balance
- Stress relief
- Pain relief
- Increased energy and lower blood pressure with proper breathing
- Increased flexibility and strength
- Improved
- Develops a calm mind and improves concentration

We have 2 class times at the Centre:

Wednesdays at 1 pm – weekly classes alternate between hatha yoga and yin yoga. These classes continue throughout the summer.

Saturday mornings at 9:30 – chair yoga is ideal for people recovering from an injury.

If you have any questions leave a message for the instructor at the front desk.



Pickleball continues to be a favourite

Pickleball at the SSAC continues to thrive, with over 130 players. Each player has an opportunity to play twice a week with players of a similar skill level. In addition there are two times for Social Play when any player who knows the basic game and the rules is welcome to come out to play. Recently, a new time slot for Beginners to Intermediate players was added on Sundays from 3-5pm. This has been well attended and will stay a permanent part of the pickleball schedule.

On May 15th, the SSAC is hosting a fun tournament which is only open to SSAC pickleball players. Players will be randomly matched up with another player from his or her level, and each team will play the tournament in a round robin fashion.



There will be prizes, refreshments throughout the day, and an opportunity to socialize and have fun.

Starting in June, there will be a ladder set up for the summer as a new challenge for the pickleball keepers. More information will follow.

The pickleball machine is being used more and more frequently, and the pickleball players are grateful to the Centre for the great courts and equipment, including new nets and paddles for the beginner players.



Bus Travels With Rick

Springtime greetings to all Centre members. The renewal time for Tea and Trumpets tickets for the 2016/2017 season is soon approaching. The cost for Tea and Trumpets (tickets and bus) will be \$340 if you renew or sign up early. Payments may be made in two installments: \$145 (tickets) by May 16 and \$195 (bus) by September 16, 2016.

A trip to the Vancouver Aquarium is planned for May 25, 2016. There is a \$16 admission

fee on top of the \$32 bus charge. If the Centre gets enough people to sign up early, we may be able to get a discount on the admission charge.

Remember to check the bulletin board, the Centre's website or our ad in the Coast Reporter for information on upcoming bus trips.

Cheers

Rick McGowan

MAY LUNCH MENU**11:30 am to 12:45 pm**

Mon May 2 Dahl Lentil Rice Bowl
Tues May 3 Baked Chicken
Wed May 4 Roast Beef
Thurs May 5 Chicken Quesadillas
Fri May 6 Fish and Chips

Mon May 9 Meatballs & Mushroom
Gravy
Tues May 10 Quiche & Salad
Wed May 11 Chicken Cordon Bleu
Thurs May 12 Salmon
Fri May 13 Fish and Chips

Mon May 16 Stuffed Chicken
Tues May 17 Lasagne
Wed May 18 Roast Pork
Thurs May 19 Bangers & Mash
Fri May 20 Fish and Chips

Mon May 23 Closed for Victoria Day
Tues May 24 Seafood Linguini
Wed May 25 Roast Ham
Thurs May 26 Meatloaf w/ Mac &
Cheese
Fri May 27 Fish and Chips

Mon May 30 Hot Reuben Sandwiches
Tues May 31 Cabbage Rolls

Everything Is Made From Scratch!

Everything is home made including the bread that is baked every morning for sandwiches as well as the Succulent Soups, Delectable Desserts and Exquisite Entrees. For a reasonable price, we can provide frozen meals to take home.

**BLOOD PRESSURE CHECK**

Thursday, May 5 Anne Fitzau
Friday, May 13 Dorothy Fraser
Thursday, May 19 Cheryl Casorso
Friday, May 27 Barbara Lightfoot

Mary Clark

- 40 years experience in world travel
- 3 years organizing tours for the SSAC

Please allow me the opportunity to help you with your travel needs.

Coastal Cruise-Stay packages with bonus amenities available now. Oceania up to 20% discount pricing and reduced deposit.

Call for further information.
604-885-6396

www.cruiseshipcenters.ca/MaryClark
mclark@cruiseshipcenters.com





Welcome to our new volunteer, Rosemary Findale-Mister. Rosemary has donated four framed art photographs created by her late husband, Leslie Mister. Leslie was a well known photographer and we are happy to have his work adding ambience to the walls of the Heritage Room.

Play and Poetry Reading

Anyone interested in Play and Poetry Reading on Friday mornings should contact Viveca Ohm at (604) 885-6612

A vibrant promotional poster for a 'Dance Time' event. The top section is red with the text 'DOORS OPEN 7:00' in white and 'Dance Time' in large, stylized orange letters. Below this, a black jagged-edged banner contains the text 'SATURDAY MAY 28' in white. To the left, a portrait of a man with long brown hair is shown, with the text 'WITH JIM TAYLOR' overlaid. At the bottom right, the text 'TICKETS \$10 (NON-MEMBERS \$15)' is displayed in white. The background features musical notes and a starburst effect.